

Below you will find the information from our Parks & Recreation Brochure in a reading format. Please

## **Summer Overnight Trips for the Active Adult**

### **Historic Olympia & Lakewold Gardens 2-nights-3-days**

This trip offers you a tremendous variety of sights beginning with the 100 year old Thornewood Castle, built with 500 year old brick from a 15th century castle in Wales. It has 17 chimneys, 22 bedrooms and 22 bathrooms. Even a secret sunken English garden! Next, will be taking a historic city tour, beginning with the Old Capitol Building and ending with the current State Capitol campus. We also travel to see the 10 acre Lakewold Gardens with over 900 rhododendrons, a Georgian-style mansion, State Champion trees surrounded by rare and native plants. We will be dining at several unique restaurants and staying at a 3-star hotel. Fees include: lodging, admission, tour, escort, and transportation. Meal costs is not included. Registration deadline: Jun 1

Tu-Th Jun 26-28

Single Occupancy \$335

Double Occupancy \$285

### **Wild Horse Wind Tour & Chimposium 1-night-2 days**

Don't miss this unique opportunity to experience an unforgettable trip. At the Wild Horse Wind and Solar Facility and Visitor Center you will learn about renewable energy and how their 149 wind turbines generate power. We will actually go inside one of the wind turbines! We also will visit the Central Washington University campus and attend an educational workshop called a Chimposium. This is the Chimpanzee and Human Communication Institute's project and research that teaches chimpanzees how to use sign language. Our overnight lodging will be at a 3-star motel. Fees include: lodging, admission, tour, escort, and transportation. Meal costs is not included. Registration deadline: Jun 29

SaSu Jul 21-22

Single Occupancy \$195

Double Occupancy \$140

### **Boise Sights 3-nights-4-days**

We travel to Boise and take in the special beauty and interesting history of this city. Our trolley tour takes in the most important historical sights. Next we will see the Old Idaho State Penitentiary, Idaho State Historical Museum, Idaho Botanical Gardens and Zoo Boise. We also

will visit the World Center for Birds of Prey, a most unique collection of owls, eagles, falcons, hawks, and condors. Additionally, we plan to visit the Basque Museum and dine at some fine restaurants. Our lodging will be at a 3-star hotel. Fees include: lodging, admission, tour, escort, and transportation. Meal costs is not included. Registration deadline: Aug 17

Th-Su Sep 27-30

Single Occupancy \$475

Double Occupancy \$395

### **PSC Supper Club**

Alternating each month we'll get together for a breakfast or a supper. Come along for a tasty meal and great socializing with your friends. Cost of the meal is on your own. Everyone must sign up at least one week prior. Home pick-up begins 1-hr prior to scheduled departure.

Limits: Min 8/Max 18 to ride bus; others are welcome to car pool – all attending must sign up and pay fee.

Jun 14	Th	Meriwether's, Lewiston	4:30-8:00pm	\$7
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Aug 22	W	Rowdy's Steakhouse, Lewiston	4:30-8:00pm	\$7
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### **PSC Breakfast Club**

Limits: Min 8/Max 18 to ride bus; others are welcome to car pool – all attending must sign up and pay fee.

May 16	W	Top Notch, Colfax	9:30-11:30am	\$4
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Jul 26	Th	The Pantry, Moscow	9:30-11:30am	\$4
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Sep 25	Tu	Waffles N More, Lewiston	9:30am-12:00pm	\$7
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### **WSU Baseball vs California**

This is for our seniors who support the COUGS and enjoy baseball. We will be escorted to great seats and given free memorabilia to root on the team. Home pick-up begins 1-hr prior to scheduled departure. Sponsored by WSU Athletics. Fee includes: admission and transportation. Sign-up at the Senior Center by: Apr 30

Location: WSU Min 8/Max 32

Su May 6 11:30am-4:30pm \$2

## **Palouse Falls**

A sight to behold, this unique 200 foot falls, virtually out in the middle of nowhere! Bring your camera for your pictures of this beautiful falls and surrounding area. We will have a pre-packed lunch that will be served in the park there. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, escort, and transportation. Register by: May 4

Location: Washtucna, WA Min 8/Max 18

W May 9 9:30am-4:30pm \$19

## **The Clark House Tour**

Overlooking the shores of Hayden Lake is the Clark House, a gorgeous mansion that was built to entertain very wealthy families during the early 1900's. Enjoy their scrumptious lunch prepared by their own chef, Kevin Kneisly, followed by an interesting historical tour of the mansion. The Clark House was considered, in its time, one of the most expensive homes in Idaho, with fine furnishings from Europe, crystal chandeliers, hand painted murals, and Italian marble. Home pickup begins 1-hr prior to scheduled departure. Fee includes: meal, escort and transportation. Register by: May 7

Location: Hayden Lake, ID Min 23/Max 30

Tu May 15 9:30am-5:00pm \$39

## **Mega-Shopping Trip**

We are headed to Spokane to shop the BIG stores! Our first stop will be the Lincoln Heights shopping center on the South Hill where the new store, Trader Joe's, is located. Then, we will have lunch at the Black Angus restaurant at the Spokane Valley mall and shop some more there. Home pickup begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost is not included. Register by: May 14

Location: Spokane Valley, WA Min 8/Max 18

Th May 17 9:00am-5:30pm \$12

## **CDA Casino**

Join us for a chance to win the big dollars at this casino near Worley. Several changes have been made due to a recent remodeling project. Good food is always available at the excellent restaurants that one can choose from. We are not responsible for any losses that might be incurred. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost is not included. Register by: May 25

Location: Worley, Id    Min 8/Max 18  
Th    May 31        9:30am-5:00pm    \$12

## **Iris Farm**

This is an opportunity to see a huge variety of blooming iris, some 400 varieties, right here in the Pullman area. One of our members, Janet Mount, has offered to host our group and explain what it takes to grow such beautiful flowers. Afterwards, we will have lunch at South Fork. (Our date may change, depending on blooming season) Home pick-up begins 1-hr prior to scheduled departure. Fee includes: tour, escort, and transportation. Meal cost is not included. Register by: Jun 1

Location: Pullman, WA    Min 8/Max 18  
Th    Jun 7        10:00am-1:30pm    \$6

## **Hutterite Colony Tour near Odessa**

WOW, this is such an interesting cultural experience. See how the Hutterites live today, with both the old and the new ways. We will see one of the many unique groups that have evolved and lasted through the years. We will have a great family style lunch with them and tour their buildings. You will hear about their farming operation and can purchase some of their special crafts. Don't miss this trip! Home pick-up begins 1-hr prior to scheduled departure. Fee includes: lunch, loaf of homemade bread, escort, and transportation. Register by: Jun 1

Location: Odessa, WA    Min 8/Max 18  
W    Jun 13        8:00am-4:30pm    \$37

## **INB Opera House:"Mary Poppins"**

Bringing its own brand of Broadway magic, this rare touring production "over delivers" on every level. Featuring the irresistible story and unforgettable songs from one of the "most" popular Disney films of all time. Lunch will be at the Safari Room in the Davenport Towers Hotel. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Jun 8

Location: Spokane, WA    Min 8/Max 18  
Sa   Jun 16      10:00am-6:30pm    \$84

#### Spokane Culinary Arts(Orlando's) Brunch

A VERY popular trip! Join your friends for a delicious brunch at Orlando's, operated by student chefs at the Spokane Community College Culinary Arts program. You will have a variety of choices for this brunch-style meal. Afterwards, we will visit the beautiful Finch Arboretum. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, tour, escort, and transportation. Register by: Jun 11

Location: Spokane, WA    Min 8/Max 18  
Tu   Jun 19      9:00am-5:30pm    \$26

#### New! Steve's Mystery Trip

All the fun for this trip "IS NOT KNOWING" where you are going! Steve guarantees some great fun and of course doing something unique and special. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, tour, escort, and transportation. Meal cost is not included. Register by: Jun 1

Location: Unknown    Min 8/Max 18  
Th   Jun 21      8:00am-6:00pm    \$29

### **CDA Summer Theatre: "Hello Dolly"**

This takes place in New York at the turn of the twentieth century in a whirlwind race following the adventures of America's most beloved matchmaker. The performance stars Ellen Travolta and Jack Bannon. Lunch at Dockside in CDA Resort. Home pick-up begins 1-hr prior to

scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Jun 8

Location: Coeur d'Alene, ID Min 8/Max 18  
Sa Jun 23 9:30am-6:30pm \$46

### **Lewis & Clark & Nez Perce Historical Tour**

Learn about the history of the Lewis and Clark expedition and the Indian influences. We will visit the Nez Perce County Museum and also the Lewis & Clark Center for Arts and History. Then, we stop for lunch at the Main Street Grill. After our meal we will drive to Hell's Gate State Park and the Lewis and Clark Discovery Center. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Jul 6

Location: Lewiston, ID Min 8/Max 18  
Tu Jul 10 9:00am-4:30pm \$16

### **Foxwood House High Tea**

This is THE premier destination for high tea! Everyone who has been there has raved about this house and the wonderful food. This beautiful home was built in 2001 and has 6200 sq ft. of exquisite furniture and gorgeous wallpaper. Several unique blends of tea will be offered with a special soup, scones with Devonshire cream, tasty finger sandwiches salad, and scrumptious dessert. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, tour, escort, and transportation. Register by: Jul 9

Location: Newport, WA Min 8/Max 18  
Th Jul 12 8:30am-6:00pm \$35

### **CDA Summer Theatre: "Ring of Fire-Johnny Cash"**

A multi-talented cast and on-stage band bring to life all the famous songs of Johnny Cash. From the heart of these songs comes a unique musical show about love, faith, struggle and success, rowdiness and redemption, and home and family. Lunch before the show at Michael D's

restaurant. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Jul 6

Location: Coeur d'Alene, ID Min 8/Max 18

Su Jul 15 9:00am-7:00pm \$46

### **Raspberry Ridge**

Back to the ole pioneer days at this unique retreat area complete with a restored cabin from 1883 and an old Pony Express coach building. The view here is beautiful too. Not only will we have a delicious lunch (included), but our hosts Doug and Candy Gintz will entertain us with several songs. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, meal, escort, and transportation. Register by: Jul 13

Location: Airway Heights, WA Min 8/Max 18

Th Jul 19 10:00am-4:00pm \$26

### **West Coast River Queen Cruise**

Cruise up the Spokane River from Post Falls to Coeur d'Alene on this unique riverboat paddle wheeler. You will see the most amazing homes built along the river and enjoy the beautiful scenery. We will have lunch at the GW Hunter's restaurant before our cruise. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Jul 20

Location: Post Falls, ID Min 8/Max 18

W Jul 25 9:00am-6:00pm \$28

### **New! Keller Heritage Center, Museum & Historical Park**

You don't want to miss this extremely interesting trip to Colville. We will tour the Keller House, built in 1910 and furnished with beautiful original furniture, light fixtures, and wallpaper. The park houses a museum with over 5,000 artifacts depicting pioneer life and Indian history. The historical park includes: a lookout towerfarm machinery museum, trapper's cabin, mining equipment, and more. We are having lunch at Park Place in Colville after our tour. Home

pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. MUST register by: Jul 20

Location: Colville, WA Min 8/Max 18

Tu Jul 31 8:00am-6:30pm \$28

### **St. Gertrude's Raspberry Festival**

This annual festival is filled with lots of fun activities: Arts & Crafts fair (lots of booths), hand crafting demos, quilt show, car show, live entertainment, Raspberry "everything", museum tours, and more. It is one of the BEST festivals in our area. This is held in Cottonwood, which is south of Lewiston. Home pick-up begins 1-hr prior to scheduled departure.. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Jul 30

Location: Cottonwood, ID Min 8/Max 18

Su Aug 5 8:30am-5:00pm \$13

### **Steve's Summer BBQ**

Come on out to the Senior Coordinator's home in Colton for an old fashioned summer BBQ. We'll have fun games, lots of bells and clowns, a mouth watering meal, and more. Chef Stephan Bella will prepare the meal: BBQ chicken, sausage, potato salad, baked beans, fruit salad, and a yummy dessert. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: meal, escort, and transportation. Register by: Aug 3

Location: Colton, WA Min 15/Max 50

Sa Aug 11 4:30-7:00pm \$8

### **Northern Quest Casino**

This is our "most popular" casino trip. As the largest casino in our area, it has 14 different restaurants and food vendors. After recent remodeling and the addition of a new hotel, it has become a glitzy place. We are not responsible for any losses incurred! Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. Register by: Aug 10



Location: Airway Heights, WA Min 8/Max 18

Tu Aug 14 9:00am-5:00pm \$12

### **CDA Summer Theatre "Ragtime-The Musical"**

This show illustrates the poignant issues of the day; from immigration, racism and politics to industrialization and social upheaval. It takes place during the beginning of the 20th century, and historical figures intermingle with fictional characters whose lives are influenced by the Ragtime era's social challenges. Lunch before the show at Beachhouse restaurant. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: Aug 10

Location: Coeur d'Alene Min 8/Max 18

Su Aug 19 9:00am-7:00pm \$46

### **Peach Festival at Greenbluff**

Travel with us to Greenbluff, the "fruit mecca" of the Inland Northwest. You can buy your favorite fruits and vegetables, fresh from the fields, or enjoy a hot yummy peach cobbler for lunch. We will also stop at several farms and a gift shop. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost is not included. Register by: Aug 17

Location: Greenbluff, WA Min 8/Max 18

Sa Aug 25 9:00am-5:00pm \$12

### **Senior Scholarship Program**

Financial assistance is available to local low income residents 60 years of age and older to assist them in participating in programs/activities offered by Pullman Parks & Recreation. Scholarships are available for 50% of an activity's cost, with a maximum of \$20 per activity; one activity enrollment is allowed per person per brochure. All information is confidential. If you are interested in participating in this program, or if you would like to be a donor, please contact Steve at the Pullman Senior Center for more information: 509-338-3307.

### **"In Memory Of" A Memorial Appreciation**

This is our annual special recognition event for those members who we have lost in the past year. All of these Senior Citizens have touched our lives and become our friends. Families of those we have lost are welcome to attend. Please join us and afterwards, as we will serve refreshments.

Location: Pullman Senior Center, City Hall

M May 21 12:45-2:00pm Free

## **Lentil Festival: Senior Booth & Parade**

We will be staffing our booth on Friday. On Saturday, come ride along with us on our float in the parade. To get involved in this GREAT community event, please sign-up at the Senior Center.

Location: Downtown Pullman

F Aug 17 5:00-8:00pm.....Booth

Sa Aug 18 9:30-11:30am...Parade

## **Birthday Party**

Join us the first Friday of the month at the Council on Aging Meal, as we celebrate birthdays. Everyone is welcome to come for the fun! Please check the monthly Senior Citizen Association Newsletter for dates. No need to sign up, just come. All birthday members are put into a drawing for prizes and a FREE Day Trip (sponsored by Whitman Senior Living).

Suggested donation for meal:

60 yrs and older \$3

59 yrs and younger \$5

## **Bridge**

We would like more bridge players! Join us at the Pullman Senior Center on Mondays and Fridays from 12:30-3:00pm. Everyone is welcome! Don't know how to play? We'll teach you how.

## **Computer Access**

Looking for a place to access a computer? We have three computers available for member use in the Senior Activity Room.

## **Computer Program**

Free computer program instruction for senior members who would like to learn the basics of computer use, writing a letter, email, and web searching. Call for further information on dates and times for these classes at 509-338-3307.

## **Cribbage Day**

On the last Friday of each month we will gather all of our Cribbage players for a fun time. This will begin after lunch at 12:30pm and last about 2 hrs. Bring your boards if you have some and we supply the cards.

## **Game Day**

Join our members who enjoy playing a game with others. Every Friday we will offer a variety of games such as: Dominos, Scrabble, and Card games. Sign-up before lunch on Fridays and games will start at 12:30pm.

## **Movie, Pop & Popcorn**

Join other movie-goers every month, on the last Tuesday at 1:30pm, and watch popular movies from the present and the past. Watch them on our BIG screen! Sign up at the center or call at 338-3307. Dates and movie titles will be included in the monthly newsletter.

## **Once-a-Month Bingo**

Join us at the Senior Center for a fun-filled afternoon of Bingo after COA meal. Great prizes provided by Bishop Place. Dates vary; please look for dates in the Senior Newsletter. Transportation will be prior to the COA meal-return transportation provided at the end of the activity. Sign up at the Senior Center.

## **Red Hats**

Join the gaiety of this fun-loving group of women! Their flare for red hats and purple attire distinguishes them. They usually play a fun game before deciding where to go for lunch. Cost of meal is on your own. Everyone meets at the Pullman Senior Center. Meeting schedule is (Sept thru May) listed in monthly newsletter.

## **Trading Book Library**

Like to read? Need something new? We have a library just for you! Trade in a good book and take some home. The library is for member use only and is located in the Senior Activity Room.

## **Wii Bowling**

Only offered from September to April, but not during Summer months. Please watch your newsletter for more information or call the center at 509-338-3307.

## **Council on Aging & Human Services (COA)**

The Council on Aging and Human Services provides a delicious noon meal every Monday and Friday at the Pullman Senior Center (except holidays). Come join us for great food, fun, and friendship. Menus are in the Daily News and the Senior Newsletter.

Suggested donation for meal:

60 yrs old and older    \$3

59 yrs and younger    \$5

## **AARP Driver Program**

This course covers state laws, driving conditions, and safety. Upon completion of this course seniors qualify for the state mandated insurance premium reduction. Only offered Fall and Spring sessions. Call Stan Buckley: 509-334-1306 to register.

## **WSU Retirees**

The WSU Retirees normally meet in City Hall at the Pullman Senior Center with an interesting speaker followed by a social. Meetings are on the fourth Thursday of each month at 1:30pm. They do not meet

during the Summer months.

Join Us at the

Pullman Senior Center Today!

"Active Living for Active Adults"

325 SE Paradise Street, City Hall, 1st Floor, Pullman, WA 99163

Steve Bell, Coordinator: (509) 338-3307

Email: [seniorcenter@pullman-wa.gov](mailto:seniorcenter@pullman-wa.gov) Web: [www.pullman-wa.gov/senior](http://www.pullman-wa.gov/senior)

Education

Computer Classes

AARP Driver Courses

Creative Writing Groups

Informational Seminars

Library

Health/Wellness

A.M. Walks at Beasley

Fit & Fall Proof Exercises

Blood Pressure Clinics

Nutrition

Council on Aging Meals

Breakfast Club

Supper Clubs

Grocery Shopping

Recreation/Special Interest

Bridge, Bingo, Dominos,

Scrabble, Cribbage,

Wii Bowling

Travel/Tours

Day Trips

Overnight Excursions

Special Events

Holiday Bazaar Fundraiser

Irish Stew Fundraiser

Lentil Festival Parade

Volunteer Opportunities

Center Support  
Fund-raising Activities  
Leadership Positions

## **Pullman Senior Citizens Association Membership**

You can become a member of the Pullman Senior Citizens Association by paying just \$10 annual dues. You will receive the monthly newsletter with your membership, which contains information about upcoming programs and trips. For more information, please call 509-338-3307, or stop by the Pullman